



PARKWAY

MILEPOST



GOING GREEN Along the Parkway

Fostering Stewardship Through Fleet Greening

The Blue Ridge Parkway is much more than just a roadway connecting Shenandoah and Great Smoky Mountains National Parks. It is one of the nation's most biologically diverse parks as well. One of the challenges in daily operations and management of the Blue Ridge Parkway is its linear layout. Serving the visiting public and taking care of park resources requires more than a dozen field offices along its length. The 300 park-owned vehicles and heavy equipment must respond to the demands of mountainous terrain, often traveling 50 or miles each day. This large fleet as well as the millions of travelers on the road put the Blue Ridge Parkway in a unique position to be a leader in sound environmental practices and in promoting the use of advanced technology vehicles.

The U.S. Department of Energy's Clean Cities Program partnering through the Clean Cities National Parks Initiative seems to be the perfect fit for this linear park. The Initiative supports transportation projects that educate park visitors on the benefits of reducing dependence on petroleum, cutting greenhouse gasses, and easing traffic congestion. This Initiative also complements the National Park Service's Climate Friendly Parks program by demonstrating the environmental benefits of reducing petroleum use.

With the majority of the Parkway's vehicle fleet in need of replacement, Parkway management has seized the opportunity for "greening up" our vehicle fleet. Partnering with Asheville, NC's "Land of the Sky Clean Vehicle Coalition," the Parkway acquired

four hybrid passenger vehicles and three propane pickup trucks to replace less efficient vehicles. These new efficient vehicles will be added to a fleet already modernized with 51 vehicles that are designed to use E85 fuel.

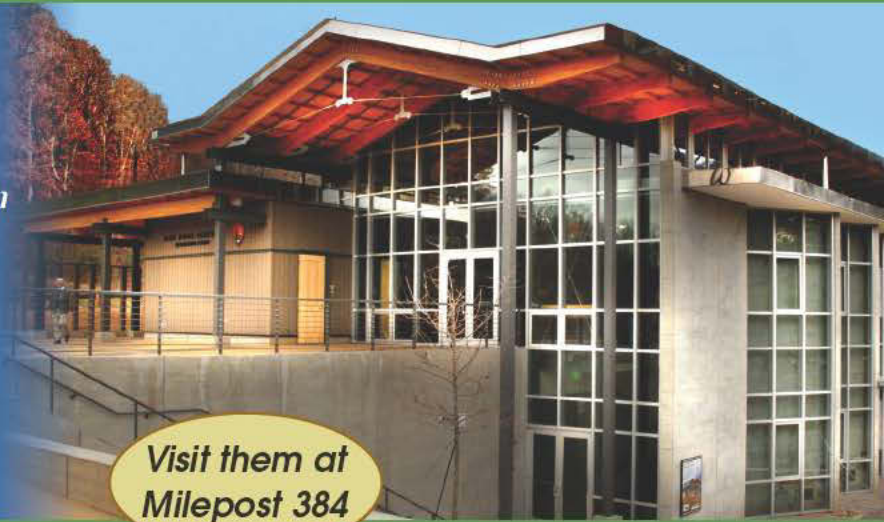
These steps are part of the Parkway's overall Fleet Management Plan, incorporating strategies to reduce the petroleum use in the park 30% by 2020. This plan will include proposed reduction of the overall fleet size, continued replacement of existing vehicles with more energy efficient or alternative fuel vehicles, reducing overall miles traveled, and implementation of gas-saving driving techniques. In the years ahead, the Parkway also expects to expand the use of E85 alternative fuel systems and incorporate additional hybrid electric and bi-fuel vehicles into the fleet. Working with the Land of the Sky Clean Vehicles Coalition and the Virginia Clean Cities Coalition, these and other strategies will be pursued.

***The new
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The new hybrid and propane vehicles are expected to save 2,000 gallons of fuel each year. These vehicles will be out on the Parkway this season, marked with "Clean Cities" and the NPS Arrowhead, providing a tangible tool that exemplifies the National Park Service commitment to reducing its carbon footprint. As stewards of our national cultural and natural treasures, the NPS is taking a leading role in sustainability and climate change mitigation to ensure these special places are around for the enjoyment of future generations.

“Leeding” The Way At The Parkway Visitor Center

The Blue Ridge Parkway took a huge step forward in going green when the visitor center adjacent to park headquarters in Asheville, NC opened in 2008. Not only can visitors now make one stop to learn about the entire 469 miles of the Parkway, they can do so in an environmentally friendly, “LEED” certified building, reflecting the best in energy-saving technology.



Visit them at
Milepost 384

What does it mean to be **LEED certified**? The U.S. Green Building Council (UGBC) Leadership in Energy and Environmental Design (LEED) certification promotes self-supporting design and calculates the environmental function of a building and the environmentally-friendly measures taken during construction and subsequent use of the building. The USGBC established this system to encourage green building practices and techniques.

Less than a year after its opening, the visitor center received LEED’s “Gold” status, a rating that acknowledges the building’s design exceeds the standards for energy efficiency. Green buildings are not only good for the environment, they are good for us as well. Such construction means blending the building into its natural surroundings, less waste going to the landfill, lower operating costs, improved indoor air quality, and reduced air pollution. Among the most notable features of the green design of the Parkway visitor center include...

🌿 **Green Roof** – The 10,000 square foot roof of the visitor center is completely planted with native, drought tolerant plants. Green roofs last longer, reduce energy costs with their natural insulation, and are thought to improve air quality by filtering out dust and smog.

🌿 **Radiant Floor Heating** – Tubing installed in the building’s concrete floor has circulating warm water, allowing the concrete to absorb the heat and warm the building.

🌿 **Trombe Walls** – Some of the best eco-friendly design features are also the most simple and non-mechanical. Thick walls resulting in good insulation have been a part of smart design for generations. Solar heat is collected and stored in thick walls, tempering day time heat gain and releasing heat at night. The 12” thick glass and concrete walls

in the visitor center mean slow, even heating long after the sun has set in the winter. The angle of the building and its designed overhang keep the walls from heating up in the summer.

🌿 **Natural Materials** – The use of natural materials in construction, purchased within a 500 mile radius, minimizing freight costs and aiding the local economy.

🌿 **Rainwater** – A storm water runoff system captures rainwater either for use on site or allowing water to filter slowly back into the ground.

While enjoying the benefits of this most recent and most “green” Parkway facility, visitors can of course find out all they need to know about planning a full Parkway experience. The interactive I-Wall, a 22 foot map of the Parkway with multi-media information of places to visit is a great place to begin. A 24 minute award-winning film “The Blue Ridge Parkway – America’s Favorite Journey” is shown hourly. Explore exhibits of the region’s natural and cultural diversity and the recreational opportunities available. The Blue Ridge National Heritage Area has offices here and provides information on the region.

In addition to year-round orientation of the Parkway and the Blue Ridge region, the National Park Service takes pride that the structure itself will continue to exemplify natural resource stewardship for years to come.





While Most Visitors Travel The Parkway In An Automobile, Ever Increasing Numbers Visit The Park On Two-Wheels, Via Bicycle Or Motorcycle. Remember, Spectacular Views Are Best Enjoyed At One Of The Parkway's Many Overlooks.

Be Aware Of Rapidly Changing Road Character And Environmental Conditions, Particularly When The Roadway Curves And Descends At The Same Time. Please Enjoy The Views, But Watch The Curves.

GENERAL DRIVING SAFETY

Because of its unique design, the Parkway drive is different than most and this can mean taking some extra care to ensure a safe visit. "Enjoy the view, but watch the road!" is our way of reminding visitors to pay extra attention along the Parkway. A few specific pointers and facts may help even more.



WATCH OUT FOR...

STEEP GRADES – In some places, the Parkway has steeper grades than normally found on highways. Without paying close attention, your speed can increase far more than you expect.

UNFORGIVING ROAD SHOULDERS – The Parkway's road shoulders are narrow in places so that the meadows or forest edges grow close to the pavement. This is, of course, part of the beauty of the drive, but may require some extra attention.

BUILT-IN DISTRACTIONS – Wildlife, wildflowers, bicyclists, and extraordinary views... all of these contribute to the Parkway experience and every traveler should be aware of these while enjoying the drive.

LIMITED SIGHT DISTANCES – There aren't many straight lines in the natural world and the Parkway was designed with gentle curves and not many straight sections. This is part of what makes the road seem to lie gently on the land and it also requires some extra attention while driving.

SPEED CHANGES – The Parkway speed limit is mostly 45 mph, but occasionally you will find yourself in developed areas where the driving speed drops to 25 mph.

SPIRAL CURVES – Some of the tight curves do not have a consistent radius so extra care needs to be taken, especially on motorcycles.

OTHER IMPORTANT SAFETY ADVICE

■ Hiking shoes or boots are recommended for most trails, especially the more strenuous ones. Steep and rocky areas and slippery stream crossings require extra attention and careful footing. Even for trails marked "easy," it is advisable to wear flat or rubber-soled shoes for comfort and good traction. Wearing sandals, "flip-flops," or high heels can result in accidents.

■ Lock valuables in the trunk of your car or take them with you.

■ Sudden changes in weather are common in these mountains. Even in mild seasons, rapid dips in temperature and unexpected thunderstorms frequently occur, and at higher elevations the wind and temperature can carry a surprising chill. Be prepared for weather changes by bringing along suitable clothing.

■ Do not drink the water from streams or springs.

LODGING & DINING

Lodges are located on the Parkway at **Peaks of Otter** (MP 86), and **Mt. Pisgah** (MP 408).



Pisgah Inn • Treetops

Restaurants, other facilities and services are available at a number of other locations, opening in mid- or late April. See chart on page 7 for details.

Check www.nps.gov/blri for availability of food and lodging during the 2014 season.

SPECIAL INFORMATION: MILEPOSTS:

Along the Parkway, you will see numbered mileposts. The zero milepost marker is at Rockfish Gap immediately south of Shenandoah National Park. Each mile is numbered progressively southward on the Parkway to its southernmost entrance at Cherokee.



OUR SYMBOL

The National Park Service arrowhead was authorized as the agency's official emblem by the Secretary of the Interior on July 20, 1951. Created in 1949 by Aubrey V. Neasham, a Park Service historian, the insignia was intended to represent several aspects of the mission of the National Park Service: Its shape and earth-brown background embody our nation's cultural heritage exemplified in the parks by archaeology and history. The bison and the sequoia tree (symbols from the first two national parks--Yellowstone and Sequoia) represent the diverse natural world of plants and animals included within the system. The snowcapped mountain and glacier portrayed on the insignia's horizon and the white of the water in its right foreground signify the all-important values of scenery and recreation. The symbol first appeared on a park road sign, then a ranger uniform in September 1952. The icon was registered as an official emblem of the Park Service on February 9, 1965, by the United States Patent Office.



Don't miss the Autumn
season splendor of the
Blue Ridge Mountains.

A truly spectacular sight!



REGULATIONS BY RECREATIONAL ACTIVITY

To help protect and preserve the Blue Ridge Parkway, yourself, and others, observe all park regulations. Be alert for uncontrolled fire, safety hazards, accidents and emergencies. Please report such conditions by calling **1-800-PARKWATCH (1-800-727-5928)**.

ROADSIDE PARKING - Parking is allowed on road shoulders, but please avoid wet areas and make sure that all four wheels are off the pavement.

TRAILS - Trails are for hiking only. Bicycles and motorized vehicles are not permitted. Several horse riding trails are available.

CAMPING - Camping is permitted only in park campgrounds or designated back-country sites. See Camping information, page 8.

PETS - All pets must be on a leash (maximum six feet) or under physical restraint at all times while in the park. The territorial instinct of dogs can lead to fights with other dogs on the trail. Dogs also frighten hikers and chase wildlife. If a pet cannot be kept under control, it should be left at home. Only service animals are permitted in facilities.

LAKES AND PONDS - These are for fishing and scenic beauty only, with no swimming allowed. Nearby U.S. Forest Service recreation areas, state parks, and mountain resorts often have swimming facilities.

PREVENT FOREST FIRES - Fires are permitted in the provided grills or fire pits in campgrounds and picnic areas only.

BOATS - Only on Price Lake, boats without motors or sails are permitted.

LITTER - Deposit all litter in the trash cans provided.

ALL NATURAL RESOURCES ARE PROTECTED - Leave wildflowers and other vegetation in their natural condition for others to enjoy. Do not disturb animal or plant life in any way. Hunting and trapping are prohibited. Do not interfere with animals by feeding, touching, or frightening them. Do not cut, deface, or damage trees.

ALCOHOLIC BEVERAGES - Possession of open containers of alcohol in vehicles is prohibited. Alcohol is permitted in campgrounds by registered campers and in picnic areas until 9:00 PM.

ACCESSIBILITY:

Most Parkway facilities are wheelchair usable. Some facilities have minor slope and/or structural barriers. For more information about access, please contact The Blue Ridge Parkway Headquarters, 199 Hemphill Knob Road, Asheville, NC 28803. Phone: **(828) 271-4779**.

PLACES TO PAUSE ALONG THE PARKWAY...

Check www.nps.gov/blri
for availability of food
and lodging
during the
2014 season.

	Milepost	Visitor Center	Camping	Exhibits	Programs	Restrooms	Picnic Areas
Humpback Rocks	5.8	H		H	HP	H	X
Otter Creek	60.9				H	HP	
James River	63.8			H			
Peaks of Otter*	86	H	H	H	H	H	HP
Explore Park VC	115	H		H		H	
Roanoke Mountain	120.4				H		
Rocky Knob^	169		H		HP	HP	H
Mabry Mill **	176.1			HP	HP	HP	
Groundhog Mountain	189					HP	H
Blue Ridge Music Cntr	213	H		H	H	H	
Cumberland Knob	217.5					H	H
Doughton Park	241.1		H	HP	HP	HP	
NW Trading Post	258.6					H	
Jeffress Park	272					HP	H
Cone Park	294.1	H		H	H	H	
Price Park	297.1		H		H	HP	H
Linn Cove Viaduct	304.4	H		H		H	
Linville Falls	316.4	H	H	H	X	H	H
Minerals Museum	331	H		H	H	H	
Crabtree Falls	339.5				HP		H
Craggy Gardens	364.6	H		H		HPA	H
Folk Art Center	382	H		H	H	H	H
Parkway Visitor Ctr.	384	H		H	H	H	H
Mt Pisgah*	408.6		H		HP	H	HP
Waterrock Knob	451.2	H		H	H	H	

H - Wheelchair Accessible. HP - Accessible with Assistance.

X - Not Handicapped Accessible.

HPA - Located in Picnic Area. *- Lodging and Dining Available.

** Dining Available. ^ Lodging Available.

CAMPING

Of the Parkway's nine campgrounds, most have at least some sites that will accommodate sizeable recreational vehicles, and all offer restrooms, drinking water, picnic tables and grills. The settings are tranquil and scenic, and most offer ready access to miles of hiking trails for those who want to explore on foot.

Be sure to ask about Ranger talks and campfire programs that are given most weekends and occasionally during the week.

Most campgrounds are at elevations of more than 2,500 feet, which means that temperatures are usually cooler than in the surrounding area. Even in summer a sweater can come in handy.

Campgrounds are open early May through October. Reservations may be made for some sites at the **Peaks of Otter, Rocky Knob, Price Park, Linville Falls, Doughton Park** and **Mt. Pisgah** campgrounds. Showers facilities are only available at Mt. Pisgah campground. All other campgrounds and sites are "first come, first served." To make a reservation, visit www.recreation.gov on the Internet or call toll-free (877) 444-6777. As a general rule, demand is higher on weekends and holidays. Camping is \$18 for all campgrounds. Senior and Access pass holders: \$10 per night.

Group camping is available only at **Linville Falls Campground**. Call (828) 765-6082 for more information. In addition, limited backcountry camping is available via permit at **Basin Cove in Doughton Park**. (336) 372-8568, **Rock Castle Gorge** (540) 745-9661 or **Johns River Road Trail** (828) 295 7591.

Camping outside of designated campgrounds or without a permit at backcountry sites is prohibited.



BICYCLING

In North Carolina, helmets are required for all bicyclists under sixteen years of age. In Virginia, the regulations vary by county. Helmets are a highly recommended safety item when bicycling the Blue Ridge Parkway as is high visibility clothing. Be sure to ride single file, well to the right hand side of the road and obey the same traffic rules that apply to motor vehicles. Bicycles are not permitted on trails or walkways. Plan ahead, and be sure to take into consideration elevation changes that will require more time, and of course, more exertion.



FISHING

The Parkway lies along the headwaters of many regional watersheds. Thirteen lakes were constructed for aesthetic beauty and recreational opportunities. Streams, ponds, and rivers give anglers ample opportunity to test their skills for trout, bass, and panfish. A state license from either North Carolina or Virginia is valid for fishing in all park waters. Creel limits and other regulations vary. Ask a ranger for details.

BE A GOOD GUEST IN BEAR COUNTRY!

Seeing bears can be the highlight of any visit to a national park. However, while visitors to the Parkway come and go, bears and other wildlife live here. Your actions can have a lasting impact on the behavior and health of these magnificent animals. Bears quickly lose their natural fear of people if fed human food, so do not feed them, crowd them or observe them too closely. Store all food, coolers, utensils or anything that may smell like food in locked vehicles. Place litter in garbage cans as soon as possible.

RESTROOMS

Restrooms are available at visitor centers, picnic areas and restaurants along the Parkway.

JUST FOR KIDS

PARKS R..4..U!

National Parks are all about getting outside, getting active, and getting healthy! "Let's Move!" (letsmove.gov) is a White House initiative dedicated to the idea of active families, active schools, and active communities. The Department of the Interior's "Youth in the Great Outdoors" initiative also helps achieve the vital goal of connecting young people with America's natural and cultural heritage by educating, engaging, and employing youth. These personal experiences can be the foundation of careers in resource stewardship. Join in any of the following as a way to connect and get active during your Parkway visit!

▶ RANGER LED PROGRAMS

Rangers and park volunteers share their knowledge of the Parkway by presenting a variety of interpretive programs from June through October. Campfire talks, guided hikes, historic craft demonstrations, music, and nature study are some of the activities you and your family can enjoy. Specific schedules are posted at all developed areas.

▶ JUNIOR RANGER PROGRAMS

A Junior Ranger is someone like you who cares for and learns about America's national parks so that others in the future may enjoy them. Ask for a handbook at any visitor center and begin your journey to becoming a Parkway Junior Ranger.

▶ PARKS AS CLASSROOMS

Blue Ridge Parkway staff offers programs for students in their classrooms during the school year. The aim is to connect students with the natural world and the region's cultural heritage in ways that are real and meaningful, while meeting state curriculum standards. In the spring and fall, Rangers offer programs at many locations along the Parkway. Teachers should contact the closest Parkway office from the list provided in the "FOR TEACHERS" section of www.nps.gov/blri. The best hope for the future lies in educating today's children!



PARKWATCH: 1-800-PARKWATCH (727-5928)

The Parkwatch program encourages visitors and park neighbors to actively protect and preserve this special place.

Please be alert and report any uncontrolled fires, emergencies, accidents, safety hazards, vandalism, or crime to a park employee. For general Parkway information, call (828) 298 0398.



"MAKING A DIFFERENCE" A RESPONSIBLE VISIT

- The best diet for all animals is a natural one. Human food can make any wild animal sick. The digestive system of a white tail deer, common around campgrounds and picnic areas, only breaks down the natural food sources including twigs, bark, leaves, grasses and acorns. Wild animals like the taste of human food, but for their safety and health, do not feed them.
- The Parkway has unique habitats that support rare and endangered plants and animals. Many of these plants are threatened by foot traffic. The problem can be alleviated by the simple practice of staying on the trail. There are several especially sensitive areas, including the Tanawha Trail around Grandfather Mountain, the Craggy Pinnacle Trail at Craggy Gardens, and at Devil's Courthouse. Whether you suspect the presence of rare plants or not, please stay on the trail – if for no other reason than to protect all plants and to prevent erosion.
- Rabies can be transmitted by most wild animals. Animals in the park should not be treated as pets or lured close enough to feed or touch. If a squirrel, chipmunk, or other animal comes close without your encouragement, it could be a sign of serious illness. Please tell a ranger.
- All plants on the Parkway are protected. Many of our native wildflowers in the Blue Ridge are threatened by illegal harvesting. The large, round, shiny evergreen leaves of Galax have been gathered commercially in the southern Appalachian mountains for generations for decorative uses in floral arrangements. Now harvested on a much larger scale, they are being shipped to flower shops around the world.



NATIONAL HERITAGE AREAS - RESERVING COMMUNITY STORIES

National Heritage Areas (NHAs) are lived-in landscapes, offering innovative methods for citizens, in partnership with government and nonprofits, to shape the long-term future of their communities. NHAs are designated by Congress as places where natural, cultural, and historic resources combine to form a cohesive, nationally important landscape. The National Park Service partners with, provides technical assistance, and distributes matching federal funds from Congress to NHA entities.

The Blue Ridge National Heritage Area is a partner in the operation of the Blue Ridge Parkway Visitor Center at Milepost 384 and connects the stories and landscapes of 25 western North Carolina counties and the Cherokee's Qualla Boundary. The age-old traditions of music, crafts, food and mountain lore are yours to explore.

HOW DO NATIONAL HERITAGE AREAS WORK?

National Heritage Areas (NHA) expand on traditional approaches to resource stewardship by supporting large-scale, community driven initiatives that connect local citizens to the preservation and planning process.

HOW DOES A REGION BECOME A NATIONAL HERITAGE AREA?

Each National Heritage Area is designated by Congress and governed by separate authorizing legislation. For an area to be considered for designation, the landscape must have nationally distinctive natural, cultural, historic, and scenic resources that tell a unique story about our country.

HOW DO COMMUNITIES BENEFIT FROM THE NATIONAL HERITAGE AREA DESIGNATION?

The designation has both tangible and intangible benefits grounded in a community's pride in its history and traditions. It offers a collaborative approach to conservation without compromising traditional local control over and use of the landscape.

WHAT KINDS OF ACTIVITIES DOES A NATIONAL HERITAGE AREA OFFER TO OUTSIDE VISITORS?

National Heritage Areas appeal to all ages and interests. Some have opportunities for walking, hiking, biking and paddling. Some have festivals to attend and museums to visit. Many Areas provide volunteer opportunities, group tours, and multiple-day excursions and can also be visited in combination with over 80 units of the National Park Service.

(For more information, visit www.nps.gov/history/heritageareas or www.blueridgeheritage.com)

Showy Blooms

A Quick Guide to some flowers & shrubs on the Parkway

Shrubs



Catawba Rhododendron
(*Rhododendron catawbiense*):
A medium shrub with pink to purple flowers growing above 3000 feet on exposed ridges.
June — Early July



Rosebay Rhododendron
(*Rhododendron maximum*):
also called White Rhododendron: A large shrub with white to pink flowers, over a wide range of elevations.
June — July



Flame Azalea
(*Rhododendron calendulaceum*):
A medium shrub with bright orange to red flowers. Azaleas are in the rhododendron family.
June — July



Wild Hydrangea
(*Hydrangea arborescens*):
A medium shrub with large clusters of white flowers.
May — August



Mountain Laurel
(*Kalmia latifolia*):
A medium shrub with pink flowers.
June — July



Pinxter Flower
(*Rhododendron nudiflorum*):
A medium shrub with pink honeysuckle-like flowers, common at lower elevations.
April — May

Flowers



Fire Pink
(*Silene virginica*):
This 6-20 inch plant has bright red flowers up to 1-1/2 inches wide.
April — June



Goat's Beard
(*Aruncus dioicus*):
3-5 feet tall with flower plumes 3-5 inches wide and 6-10 inches long.
May — June



Bluets
(*Houstonia* species):
3-6 inches tall with many small 4-petal flowers, light to dark blue. Bluets sometimes grow in large beds.
May-August



Turks-Cap Lily
(*Lilium superbum*):
6 to 10 feet tall with flowers 2-4 inches wide with a green star at center. The Carolina Lily (*L. michauxii*) is similar but lacks the green star and bears fewer flowers.
July-August



Large-Flowered Trillium
(*Trillium grandiflorum*):
The largest of several trilliums found along the parkway, grows to about 15 inches. Trilliums have 3 leaves and a single 3-petal flower.
April — May



Bee Balm
(*Monarda didyma*)
also called Oswego Tea:
2-5 feet tall with bright red 2-inch flowers. Wild Bergamot is similar but pink.
July — August

OTHER COMMON FLOWERS

Birdfoot Violet - (*Viola pedata*) 4-10 inches tall, bluish-purple flower. March — June
Columbine - (*Aquilegia canadensis*) about 2 feet tall, nodding red and yellow flower. June — July
Sun Drops - (*Oenothera fruticosa*) 1-2 feet tall, yellow 4-petal flower. June — July
Evening Primrose - (*Oenothera biennis*) 3-5 feet tall, yellow 4-petal flower. June — July
Phlox - (*Phlox* species) 2-6 feet tall, magenta-pink flowers. July — October
Touch-me-not - (*Impatiens* species) 3-6 feet tall, nodding yellow or orange flower. July — August
Tall Bellflower - (*Campanula americana*) 2-6 feet tall, blue, 5-petal flower. July — August
White Snakeroot - (*Eupatorium rugosum*) 3-5 feet tall, bright white flower heads. July — Sept

Dense Blazing Star - (*Liatris spicata*) 2-4 feet tall, rose-purple flowered spike. August — Sept
Goldenrod - (*Solidago* species) about 3 feet tall, golden-yellow spikes or plumes. August — Sept
Ox Eye Daisy - (*Chrysanthemum leucanthemum*) 1-3 feet tall; white petals, yellow center.
Black-Eyed Susan - (*Rudbeckia hirta*) 3-6 feet tall, yellow petals, black center.
Tall Coneflower - (*Rudbeckia laciniata*) 2-3 feet tall, drooping yellow petals, green center.
Coreopsis - (*Coreopsis major*) 2-3 feet tall, golden-yellow petals, green center.
Jerusalem Artichoke - (*Helianthus tuberosus*) 5-10 feet tall, yellow petals, yellow center.
Aster - (*Aster* species) 2-5 feet tall; many small flowers; blue, purple, or white petals.

Mount Mitchell State Park, NC

Mount Mitchell is the highest point in eastern North America, rising to 6,684 feet. A Mount Mitchell State Park map with trail information is available at the state park headquarters, two miles up NC State Highway 128 from the park entrance at Milepost 355.4. Write to Mount Mitchell State Park, 2388 State Hwy 128, Burnsville, NC 28714 or call (828) 675 4611. www.ncparks.gov

Appalachian Trail, VA

The Appalachian Trail parallels the first 100 miles of the Blue Ridge Parkway to a point just north of Roanoke VA. There are many trail access points along this section of the Parkway. For more information, please refer to Appalachian Trail publications. www.nps.gov/appa



Popular Hiking Trails of the Blue Ridge Parkway

Hiking maps are available at Visitor Center closest to the trail or can be downloaded at www.nps.gov/blri

Virginia Trails

Milepost	Trail - Miles - Difficulty
5.9	Farm Museum Trail 0.25 easy *
34.4	Yankee Horse (logging RR) 0.2 moderate
60.8	Otter Creek 3.5 moderate *
63.1	Otter Lake Loop 0.8 moderate *
63.6	James River (canal locks) 0.2 easy *
63.6	Trail of Trees Loop 0.5 moderate *
78.4	Apple Orchard Falls 1.2 strenuous **
83.1	Fallingwater Cascades 1.6 moderate **
83.5	Flat Top 4.4 strenuous *
85.7	Abbott Lake Loop 1.0 easy *
85.9	Elk Run Loop 0.8 easy *
85.9	Johnson Farm Loop 2.1 moderate *
85.9	Harkening Hill 3.3 moderate *
86.0	Sharp Top 1.6 strenuous *
110.6	Stewart Knob 1.2 moderate *
114.9	Roanoke River Loop 0.35 easy *
120.4	Roanoke Mountain Summit 0.11 moderate *
154.5	Smart View Loop 2.6 moderate
167.1	Rock Castle Gorge Loop 10.8 strenuous *
176.2	Mabry Mill 0.5 easy
213.0	Fisher's Peak Loop 2.25 moderate *

North Carolina Trails

Milepost	Trail - Miles - Difficulty
217.5	Cumberland Knob 0.5 easy *
230.1	Little Glade Millpond Loop 0.4 easy
241.0	Fodder Stack 1.0 moderate *
271.9	Cascades Loop 0.5 moderate
294.0	Flat Top Mountain 3.0 moderate *
294.1	Figure 8 Loop 0.7 easy *
296.5	Boone Fork Loop 5.5 moderate-strenuous *
297.0	Price Lake Loop 2.7 moderate *
304.4	Linn Cove Viaduct Access 0.16 easy *
305.2	Beacon Heights 0.2 moderate *
305.5	Tanawha (MP 297 - 305) 13.5 moderate-strenuous * D
316.4	Linville Falls, Erwins View 0.8 moderate *
316.4	Linville Falls, Plunge Basin 0.5 strenuous *
339.5	Crabtree Falls 2.5 strenuous *
364.2	Craggy Pinnacle 0.7 moderate *
407.6	Mt. Pisgah Summit 1.3 moderate-strenuous *
407.6	Buck Springs (lodge to view) 1.06 easy-moderate *
408.5	Frying Pan Mountain 1.06 moderate-strenuous *
418.8	Graveyard Fields Stream Loop 2.3 moderate
431.0	Richland Balsam 1.5 moderate
451.2	Waterrock Knob Summit 0.6 moderate-strenuous

Please note: Distances are one way except for loop trails. See trail maps for distances, features, walking conditions and important advice.

* Hiking map is available. ** Designated National Recreation Trail. D=Tanawha has nine Parkway access points, several in the Grandfather Mountain area.

North Carolina's Mountains-to-Sea Trail

The Mountains-to-Sea Trail (MST), when complete, will extend over 930 miles from Clingman's Dome, in the Great Smoky Mountains National Park, to Jockey's Ridge on the North Carolina Outer Banks. Much of the MST parallels the Blue Ridge Parkway with many trail access points along the Parkway.

The Carolina Mountain Club maintains and builds trails from the Tanawha Trail to Stone Mountain (MP 305 - 236).

To volunteer, contact:

Carolina Mountain Club
PO Box 10431
Raleigh, NC • 27605
www.ncmst.org

AIR QUALITY, VIEWSHEDS, AND THE PARKWAY EXPERIENCE

When asked about the value of their park experience, visitors to the Blue Ridge Parkway always mention the natural settings of the rural landscape and the dramatic high elevation vistas along the way. In many ways, the Parkway is a platform for visitors to climb up on and look off of. Thus, the park boundary becomes the horizon.

Shrinking views, however, are now common throughout this and other southern Appalachian parks. The height of the mountains, the highest in eastern North America, combine with prevailing weather patterns to trap and concentrate pollutants from automobiles, power plants, and industrialized areas outside of the region. National trends are showing an overall

improvement in air quality, but pollution and visibility in southern mountain parks are still affected.

This degrading visibility not only affects how far you can see, but how clearly as well. Colors appear to be washed out and pollution obscures landscape features. A uniform gray or white haze replaces the natural blue mist from which the mountains got their name.

Even low levels of air quality, especially ozone pollution, affects ecological health, scenic views, and, of course, visitor enjoyment. Children, the elderly, people with existing health problems, and active adults are most vulnerable.

Although solutions to air quality issues are complex and require changes laws, any of us can do a number of things to help. Conservation measures such as less electricity use, energy efficient appliances, using cleaner forms of transportation and fuels, and driving less will help clean the atmosphere and preserve the views along the Parkway.



Parkway Partners

SHARED RESPONSIBILITY

The protection of the Parkway and surrounding region is an immense task, with much at stake. Decades of eroding budgets have reduced staffing and made it more and more difficult to maintain the Parkway's aging and considerable infrastructure, to monitor and preserve its many natural and cultural resources, and provide educational services for visitors. The trend is undeniably clear: fewer staff members must confront mounting threats and try to carry out a dual mission of preserving the Parkway and serving the visiting public. They cannot do it alone. Their success will depend on mobilizing an army of concerned citizens. The Parkway of tomorrow will be defined by the extent to which people today are willing to speak out on behalf of the Parkway and to invest in its future. Fortunately, many non-profit partner groups now work hand-in-hand with the Parkway staff. While these organizations have differing missions, they share an overarching goal: to preserve and enhance the national treasure that is the Blue Ridge Parkway.

BLUE RIDGE PARKWAY ASSOCIATION: Promotes travel along the Parkway and provides print and electronic information to visitors about adjacent accommodations, attractions and communities. www.blueridgeparkway.org

BLUE RIDGE PARKWAY FOUNDATION:

The Blue Ridge Parkway Foundation brings people together to invest in family health, education, cultural enrichment, economic vitality, historic preservation, and outdoor recreation on the Blue Ridge Parkway. www.brpfoundation.org

Perhaps one of these groups has a place for you to help!

FRIENDS OF THE BLUE RIDGE PARKWAY: Promotes volunteerism and leads tree plantings to screen adjacent development. www.blueridgefriends.org

BLUE RIDGE NATIONAL HERITAGE AREA: Helps operate the Parkway's Visitor Center (Milepost 384) and promotes the preservation and enjoyment of western North Carolina's cultural and natural heritage. www.blueridgeheritage.com

EASTERN NATIONAL: Shop at nonprofit stores in Parkway visitor centers to enjoy your visit more, support visitor center staffing and generate cash donations to the Parkway. www.easternnational.org

CAROLINA MOUNTAIN CLUB: Provides trail maintenance at the Parkway's southern terminus. www.carolinamountainclub.org

CONSERVATION TRUST FOR NORTH CAROLINA (www.ctnc.org) and the **WESTERN VIRGINIA LAND TRUST** (www.westernvirginialandtrust.org) Provide funds to preserve key tracts of land along the Parkway and seek private landowner support.

SOUTHERN HIGHLAND CRAFT GUILD: Provides educational demonstrations, exhibits and sales of regional crafts. www.southernhighlandguild.org



Blue Ridge Parkway Foundation

Discover Your Journey...
Then Help Us Protect It.

The Blue Ridge Parkway is no ordinary road. With grand mountains on either side, rich Appalachian cultures along the way and stunning landscapes from beginning to end, this is a journey unlike any in the world.

But it TAKES HARD WORK, AMPLE RESOURCES AND STEADY COMMITMENT to maintain this unforgettable experience and protect it from the many pressures that threaten to degrade it. Unlike many popular National Parks, the Parkway receives no income from entrance fees, so supporting it through the Foundation is critical to preserving this national treasure. Without your support, many of the resources, amenities and services

often taken for granted would vanish. Whether your interests are in education, environmental and resource protection, visitor amenities or cultural heritage, you can join the thousands of others who understand the importance of preserving this unforgettable experience for their children and grandchildren.



Visit BRPFoundation.org